

Stewart/Hunter Lifestyle

Stars shine on Marne stage



Courtney Richmond

Eddie Montgomery and Troy Gentry light up the night at the Soldier-Family Appreciation Day Celebration July 4 on Donovan Field.

Spc. Ricardo Branch
1st BCT Public Affairs

Soldiers and Family members were given a rare treat this holiday weekend when musical artists came to Fort Stewart for a special 4th of July concert to the troops.

The concert was held to honor the 3rd Infantry Division Soldiers' return back from Iraq and to those still fighting for freedom overseas.

Third Inf. Div. Commander, Maj. Gen. Rick Lynch opened up the concert, thanking the troops' hard work and announcing acts like Boyz II Men and Montgomery Gentry.

"I've been hanging out backstage meeting some of the performers today, and I can tell you without a doubt we have some superb performers tonight," Lynch said. "I know you all didn't come here to see me; however, so let's get this show going!"



Spc. Ricardo Branch

Motown's four-time Grammy Award-winning group, Boyz II Men opened for Montgomery Gentry on Donovan Field East, July 4, wowing audiences with the harmony of Nathan Morris, Wanya' Morris, and Shawn Stockman.



Pat Young

Left and above: Michael Scott motivates the audience, going among them performing songs and dancing the Electric Slide. Scott, a crowd favorite among the 3rd Infantry Division Soldiers, has performed numerous times for the Marne Division, including for deployed Soldiers in Iraq. Although he was recently picked up for a recording contract, Scott said he would follow up to perform for the troops again if or when they redeployed.



Pat Young

Katie Rae Davis, 17, demonstrates and incredible vocal range following a performance by Michael Scott, preceding headline performances by Boyz II Men and Montgomery Gentry, July 4.

Katie Rae Davis delivers award winning performance July 4

Courtney Richmond
Frontline Contributor

At the age of 17, Katie Rae Davis, big time singer from a small town in East Texas found herself surrounded by Fort Stewart - Hunter Army Air Field Soldiers and their Families this 4th of July. Davis' managers got her the gig that placed her on the stage that Friday night along with veteran performers Boyz II Men, big time country music duo Montgomery Gentry and fresh-face Michael Scott.

After the concert, Davis explained that her music career journey began at the age of seven, when she was discovered as a promising talent by her music teacher. Ever since then it's been one step closer to climbing to the top, where she intends to be very soon. She's performed in oprys, to include the Texan Opry, fairs and festivals and one of her greatest achievements was getting to perform on the same stage as country musicians and other genres' biggest stars at the Texas State Fair.

Fort Stewart wasn't Davis' first military show; she has performed at several bases across the country, to include a stop in Seattle to perform for the troops along with Boyz II Men only weeks before Stewart's scheduled event.

Davis has big plans for the future, including getting into the studio in Nashville, Tenn. to collaborate with the best in the business to release a national debut album. She also has plans to attend college and said she desires to work with kids.

"College is important to me. I don't know where my music career will take me, but completing college would be self-satisfactory for me," Davis said.

She already racked up awards, to include, 2008 Rising Star (Texas Music Association), and was selected for an opener in the "All Star Jam" on the Academy of Country Music's official After Show in Las Vegas.

No doubt this won't be the last we see or hear from this young, but very talented performer.



Pat Young

Pvt. Jason Schauer and Pvt. Joseph Brown, from the 139th MP Co., pose with Corey Smith and fellow Soldier, Cpl. Dakota Holt, 48th Infantry Brigade, following Smith's concert, after the three Soldiers helped provide immediate first aid to two heat injuries on Walker Field.

Corey Smith sings about real life

Pat Young
Managing Editor

Returning to Fort Stewart-Hunter Army Airfield for his second Independence Day performance, Corey Smith, a local Georgia singer-songwriter was a crowd favorite to Soldiers, Family members and local community members alike.

Currently the top unsigned country, and 14th unsigned rock singer/songwriter in the nation according to MySpace, Smith, with his band members Robert Henson and Marcus Petruska, sing original songs written by Smith regarding real life experiences.

Amy Headrick with her two daughters, Samantha, 12, and Savannah, 14, came with the hopes of seeing Smith sing.

"He was awesome," Hendrick said after she and her Family endured a blistering early afternoon heat that contributed to two other audience members suffering from heat injury, despite the availability of free water. She said it was really inspiring to see Smith walk over

to visit the injured people following the concert.

Cpl. Dakota Holt, 48th Infantry Brigade and long time fan of Smith was one of three Soldiers who acted immediately when two teenagers overheated and fell down at the end of the concert. Responding paramedics said the Soldiers knew exactly what to do.

Smith was also impressed with the Soldiers and empathized with Soldiers and Families regarding the separation they experience with the call of duty.

One of the songs he wrote about a fallen Soldier, and performed for the July 4th event was "Stand Our Ground." In the song he recognized the sacrifice made by Soldiers and Families, standing up, fighting and sometimes dying for what they believe in.

Sgt. Billy Tinley, 38th EOD, recently returned from Iraq and attended the appreciation day event with his wife Emily and daughters, Sophia, 2, and Hannah, 8. Tinley said Smith's performance was great, and the entire Soldier-Family Appreciation day was a wonderful event, allowing Families to spend quality time together.

Hunter teen invited to Presidential Inauguration

Nancy Gould
Hunter Public Affairs

Fourteen-year-old Lindsey Blair sits quietly in a living room chair and listens as her parents explain her participation in the National Young Leaders Conference in 2006 and how it snagged her an invitation to the 2009 Presidential Inauguration.

Her ability to lead and influence her peers was recognized in El Paso, Texas by her 6th grade teacher, explained Rhonda Blair, Lindsey's mom and wife of Sgt. Maj. Patrick Blair, the rear-detachment Command Sergeant Major of the Combat Aviation Brigade at Hunter Army Airfield. Because of those skills and her high grade point average, Lindsey's teacher nominated her to attend a week-long Presidential Youth Inaugural Conference in Washington, D.C. She had to compete with other students, grades 9 – 12, who were also nominated from her school. But it was Lindsey who captured the single spot at the conference.

"She's very observant," said Rhonda, referring to her daughter's confident but quiet mannerism. "She gets her leadership style from her dad. She's loyal and trustworthy and she sets the example."

Two years after the National Young Leaders Conference, Lindsey and other alumni of the conference have been invited to the 2009 Presidential Inauguration as honored, distinguished young leaders and scholars. The future leaders will share five days of activities and attend events and in the process, get a deeper understanding and appreciation of the history behind the electoral process.

Events at the inauguration include—the opening night reception where students network with fellow inaugural scholars; the keynote speaker at the reception is Lance Armstrong, chairman and founder of the Lance Armstrong Foundation. The group will also witness topical debates and candid dialogue between prominent political analysts and scholars representing opposite points of view.

At the inaugural day celebration, the young scholars will have private access to the Smithsonian Institution on the National Mall. They will witness the Inauguration, the Oath of Office and Inaugural Address; they will view the Inaugural Parade from the U.S. Capitol Building to the White House; and they will also visit the National Mall's monuments and museums. At the culmination of the conference, teen leaders will attend the Black Tie Gala Inaugural Ball.

"I'm excited," said Lindsey, who has already purchased her formal gown for the Gala Inaugural Ball. "I've watched the president get sworn in on TV, but now I get to see the ceremony first-hand."

Lindsey's father, said he is proud of Lindsey's once-in-a-lifetime invitation. "I'm proud of all my kids' accomplishments," said Blair. "As military children, they've had a lot to overcome moving so often."

But those moves have developed flexibility in Lindsey and her younger sister, 11-year-old Sidney.

"I've learned to make new friends quickly," Lindsey said, adding that keeping up with old friends is difficult. "You should never say that your new location will be bad. You have to put yourself out there and try to have fun, even when you feel scared."

Lindsey's words reflect her parents' values and teachings. "We've taught them to make the best of everything," said Rhonda, referring to difficulties a military lifestyle can bring, including several moves throughout the United States and other countries during the girls' education so far. "We tell them, 'don't make your mind up about something until you've experienced it.'"

Rhonda also encourages another leadership quality—giving back to the community around her. Rhonda sets an example in her new position as Hunter Spouses' Club president, and as the Hunter Garrison Command advisor to the Savannah Chapter of the American Red Cross. As the self-proclaimed 'CEO of the Blair household,' she also demonstrates



Nancy Gould

Lindsey Blair sits with her father, Sgt. Maj. Patrick Blair, Rear-D Command Sgt. Maj., CAB and mother Rhonda Blair, Hunter Spouses' club president at their home on Hunter.

disciplined time and money management.

Lindsey is following her lead by managing the country's natural resources. Over the past few years she has done her part to preserve the environment and has taught her Family to "go green," recycling cans and newspapers, and convincing her mother to forgo plastic bags at the grocery store in favor of green cloth bags that can be recycled.

As a 9th-grade student in an "early college" high school program, Lindsey's passion and determination could help her complete her advanced curriculum over the next few years and possibly finish high school in less than the four years – the time it normally takes. But her parents will not push Lindsey to graduate early. As good mentors, they will continue to encourage her hard work, loyalty and dedication to goals.

AAFES offers aspiring young writers opportunity for great prizes

Special to the Frontline

School may be out for the summer, but the Army and Air Force Exchange Service has one more assignment for military dependents. The "Back-To-School Essay Contest" will give students in grades first through twelfth the opportunity to submit an essay of 200 words

or less on "What AAFES means to me and my Family."

"Most military dependents have been shopping at AAFES for their entire lives," said Chief Marketing Officer Richard Sheff. "As a result, we are anticipating some very good essays from these young students on what the benefit means both to them as well as to their fam-

ilies."

The essay contest, which runs from June 27-August 31, will consist of four categories (1st-3rd, 4th-6th, 7th-9th and 10th-12th grades) with three winners from each category.

First place winners in each category will receive a computer, second place winners will be awarded \$500 savings bonds and \$200 sav-

ings bonds will be issued to third place winners.

Complete rules, including release forms and specific instructions on submitting essays, are available at www.aafes.com/Patriot_Family/btessay.asp or go to www.aafes.com under the Patriot Family Connection link.

Pets of the Week



Pinky the cat the and Carrie the dog are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



MWR Briefs

Learn to Scuba

Come to the open water Scuba certification classes at Fort Stewart and Hunter Army Airfield. Classes are open to active duty, National Guard, Reserve, Family members, retirees, DoD civilians, and contract employees.

Participants must be at least 16 years of age. For more information, including a class schedule, cost, medical requirements and more, call 767-9336 (Stewart) or 315-2019 (Hunter).

Play golf after work

Attention all military, DoD civilians, contractors and non-DoD civilians! Come to Happy Hour at Taylors Creek Golf Course and Hunter Golf Club!

Both courses will offer special twilight rates starting at 3 p.m., Monday - Friday. For more info and special rates call 767-2370 (Stewart) or 315-9115 (Hunter).

Get a free, healthy lunch

Dependent youth ages 18 and under are eligible to eat a free lunch from now until July 25, courtesy of Department of Defense Education School System on-post schools at Bryan Village Youth Center, Southern Oaks Community Center, Diamond Elementary School, Corkan Family Recreation Center and Jordan Youth Gym. Lunch time from 11:30 a.m. to 1 p.m. For more information, call 408-3088.

Enjoy Toddler Time at Cypress Sam's

Cyperss Sam's Treehouse has changed their Toddler Time hours to 10 a.m. to noon each Monday and Tuesday. This time change will allow all small customers (ages 0-5) a safe and quiet environment to play! The new hours will be in effect from now until August 1. Don't forget that socks are required to play! We'll see you there! For more information, call 767-6708.

Come to Marne Call

Friends and co-workers are invited to Marne Call every Friday afternoon at Fort Stewart and Hunter Army Airfield clubs. Come and enjoy food, karaoke, card games and more in a fun and relaxed environment. Fort Stewart Marne Call is 5 to 10 p.m., at Rocket's Lounge. Hunter's Marne Call is 4 to 7 p.m. at Hunter Club. For more information, call 368-2212.

Smart car care available

Visit Hunter Army Airfield Auto Crafts every Friday from 6 to 7 p.m. to learn basic do it yourself automotive techniques and safety tips. The class is free! For more information, call 315-6244.

Join Chicago Style Steppin' Class

Visit the Tominac Fitness Center July 20 and 27, and August 3 from 3 to 5 p.m. for Chicago Style Steppin' dance lessons! Participants will learn all aspects of this popular dance style that has become one of the most popular dances in America today!

Steppin' is a dance that consists of two or more people dancing as partners in synchronization to a 6 or 8 count beat to music such as Jazz, Soul, Funk, or R&B.

Beginner and intermediate lessons will be offered at each class. You won't want to miss this exciting new class! For more information call 315-2019.

Carowinds Amusement Park trip slated

Youth will depart the Stewart Youth Center July 23 at 6 a.m. for Carowinds Amusement Park located in Rock Hill, S.C. The trip is open to middle and high school teen members grades 6-12.

The cost is \$29.99 for park admission and transportation is free. For more information call 767-4491.

AAFES PRESENTS TODAY THROUGH JULY 13

Sex and the City

Today — 7 p.m.

(Sarah Jessica Parker, Kim Cattrall)

The continuing adventures of Carrie, Samantha, Charlotte and Miranda as they live their lives in Manhattan four years after the series ended. *Rated R (strong sexual content, graphic nudity, language)* 145 min

Indiana Jones and the Kingdom of the Crystal Skull

Friday, Saturday, Sunday — 7 p.m.

(Harrison Ford, Karen Allen)

In 1957, Indiana Jones is thrust back in action, venturing into the jungles of South America in a race against Soviet agents to find the mystical Crystal Skull. *Rated PG-13 (adventure violence, scary images)* 123 min

Films are subject to availability. AAFES strives to show films according to the published schedule but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.



Making barracks life bearable in Southeast Georgia

Fred Cavedo
DPW Chief of Operations & Maintenance

Living in the barracks in Southeast Georgia, especially during the hot, humid summer months has its unique challenges. By following a few simple guidelines and using a little elbow grease, a Soldier can ensure a good quality of life.

One of the main issues is air conditioning of the rooms. The AC for the rooms are designed to cool and dehumidify the room's air with a minimum amount of outside air added to ensure a proper air exchange. If an excessive amount of outside air is allowed into the rooms through open windows or doors, the AC cannot perform properly. This is especially critical during the summer months where the outside relative humidity is extremely high; we can't do anything about what Mother Nature gives us, but we can affect our indoor spaces.

The following guidelines will help to keep you cool during the summer months:

- Change the AC filter monthly. A clean filter allows for maximum heat transfer.
- Keep windows and doors closed.
- Keep the room temperature set between 75 -78 degrees.
- Ensure the exhaust fan in the bathroom is working. A piece of paper when placed on the vent should stick.
- Keep blinds closed during the hottest time of day.
- Avoid long, hot showers. Exhaust fans are designed to remove a constant amount of air to match the outside make-

up air. It will take the AC some additional time to remove the excessive moisture in the air.

Another concern with high humidity is that mold loves moisture. Mold is a naturally occurring organism and it is everywhere. Mold requires moisture and some form of food such as dust, paper, or sheetrock to grow on. When the AC unit can't control the excess moisture in the air, there is a potential for condensation to form on surfaces. Condensation forms on surfaces when the surface temperature is lower than the dew point of the air. This is why you see moisture on AC vents in rooms. The best way to combat condensation is to reduce the humidity of the air, don't set the AC too low and remove moisture immediately when it forms.

Removal of moisture on surfaces is the best way to eliminate the moisture source for mold growth. If mold does start to form, it can be removed easily with soap and water. Be sure to minimize the amount of water used to clean up, don't spread the mold around when cleaning, frequently rinse out the cleaning rag and dry the surface when done cleaning. This can be done by wiping surface with a dry rag. Remember, the key to combating mold is moisture control and cleaning as soon as any mold is detected. Normal house-keeping will go a long way toward controlling mold and mildew.

Dehumidifiers are the best way to help control air humidity. A dehumidifier is designed to remove moisture from the air. It is not unusual for a dehumidifier to remove a gallon of

water within a 24 period in southeast Georgia. Once the tank is full, the unit shuts off to keep from spilling water all over the floor. Putting it in the closet, not emptying the tanks or leaving the unit off does no one any good.

Water leaks are another source of water that can lead to mold growth. All leaks should be reported immediately to the Department of Public Works' service desk so the problem can be corrected before it gets worse. Soldiers should work through their chain of command or building noncommis-sioned officer to ensure all maintenance issues are reported, to include AC, lighting, plumbing, locks, electrical, etc. DPW can't fix what isn't reported.

The service order desk numbers to report all barracks issues for Fort Stewart and Hunter Army Airfield are 767-2883 and 315-4003, respectively. All service orders need a good telephone number where the individual can be reached. DPW will try three times to reach the individual listed on the service order to complete the repairs prior to closing out the service order.

Any mold issues that cannot be corrected by the unit can be reported to the Operations and Maintenance Division at 767-4011 for investigation and corrective action, but all mold concerns need to come through the unit's first sergeant or sergeant major to ensure proper accountability of the issues. The command and DPW take barracks issues very seriously, and with a little teamwork among all parties involved, Soldiers can receive the standard of care they deserve.

Town Hall slated for on-post residents

Charles Williams
DPW

Live in on-post housing? Questions about utility billing? Then attend one of the two utility billing town halls 6 p.m., July 29 at Fort Stewart's Woodruff Theater; or on Hunter Army Airfield 6 p.m., July 30 at the New Gannam Community Center.

Families residing in new housing areas on Stewart-Hunter began receiving mock electricity bills in their mailboxes in June 2007.

The mock billing period ended May 31. To understand more about the utility billing process and to receive answers regarding any questions or concerns you may have about your bill, all Families are encouraged to attend one of the two utility billing town halls.

A representative from ista North America, the third party billing company, will conduct a short briefing and answer questions. ista North America is the global leader in the consumption-based metering and resident billing for more than 11 million homes worldwide.

Residents in new housing at Stewart-Hunter are now

receiving monthly electricity bills from ista, effective June 1. Residents in "all other" homes will receive monthly "mock" electricity bills in the future. Residents receiving utility bills may soon receive "money in their pocket" for conserving electricity. Residents who conserve electricity will receive a rebate or credit, while those who exceed their baseline will pay for utilities used in excess of the baseline.

The new homes included in utility billing are Fort Stewart's Liberty Woods, Southern Oaks and Coastal Ridge areas and Hunter Army Airfield's New Gannam, New Savannah and New Callaway area.

These Families were also receiving monthly energy tips and training on how to be more "energy efficient" under the past one-year mock billing program; residents should have seen how much energy they were using and made improvements, if necessary, before becoming responsible for consumption.

The point of contact for Balfour Beatty Communities leasing office at Stewart is 408-2460, or Hunter at 459-2133. For billing questions please call the billing company at 1-800-569-3014 (ista North America).

Kroger grocery recalls ground beef

Special to the Frontline

The ground beef recall at Kroger grocery stores does effect all Kroger stores in Georgia, to include the Kroger store in Hinesville. Ground beef that is placed on styro foam containers wrapped in plastic with a sell by date of May 19 to July 03 may be containmentated with ecoli bacteria. Soldiers, Civilian employees, and their Family members who may have purchased this product should return it to the Kroger store where it was purchased. Frozen ground beef patties and ground beef in the 1, 3, and 5 pounds tubes are NOT effected by this recall.

Meaning rests behind the Pledge



CHAPLAIN'S CORNER

Chap. (Capt.) James Russell
3rd BSB, Battalion Chaplain

I was listening to an old television program of Red Skelton. For those who do not remember his show, he was one of the best comedians and clowns in the early 1960s.

On one of his weekly programs, he recited the following message about the Pledge of Allegiance:

I - me, an individual, a committee of one.

Pledge - dedicate all of my worldly goods to give without self pity.

Allegiance - my love and my devotion.

To the flag - our standard, Old Glory, a symbol of freedom. Wherever she waves, there's

respect because your loyalty has given her a dignity that shouts freedom is everybody's job!

United - that means that we have all come together.

States - individual communities that have united into 48 great states. Forty-eight individual communities (which is now 50) with pride and dignity and purpose; all divided with imaginary boundaries, yet united to a common purpose, and that's love for country.

And to the republic - a state in which sovereign power is invested in representatives chosen by the people to govern. And government is the people and it's from the people to the leaders, not from the leaders to the people.

For which it stands one nation

- one nation, meaning "so blessed by God"

Indivisible - incapable of being divided.

With liberty - which is freedom -- the right of power to live one's own life without threats, fear or some sort of retaliation.

And justice - The principle and qualities of dealing fairly with others.

For all - which means, boys and girls, it's as much your country as it is mine.

Since I was a small boy, two states have been added to our country and two words have been added to the Pledge of Allegiance - **Under God**. Wouldn't it be a pity if someone said that this is a prayer and that it would be eliminated from schools too? God bless America!

Ties That Bind
11 a.m., July 11,
Main Post Chapel

Fort Stewart-Hunter Army Airfield and the Coastal Empire:
A partnership that has stood the test of time.

You are cordially invited to a celebration of the great bond between Fort Stewart-Hunter Army Airfield and its surrounding communities. Join members from the Coastal Empire; Secretary of the Army, Honorable Pete Geren; Sergeant Major of the Army, Kenneth Preston; 3rd Infantry Division Commander, Maj. Gen. Rick Lynch and other distinguished guests as we recognize the significant role our communities play in the lives of our Soldiers and Families. A reception will follow at Club Stewart.

Chapel Schedule

Fort Stewart

Catholic	Location	Time
Saturday Vigil Mass	Main Post Chapel	.5 p.m.
Sunday Mass	Heritage	.9 a.m.
Protestant		
Contemporary Worship	Marne	.11 a.m.
Gospel Worship	Main Post	.11 a.m.
Traditional Worship	Marne	.9 a.m.
Liturgical Worship	Heritage	.11 a.m.
Kids' Church (K to 6th grade)	Across from Dia. Elem.	.11 a.m.
PWOC (Wednesday)	Marne	.9:30 a.m.
Islamic		
Friday Jum'ah	Marne	.1:30 p.m.
Contact Yahya Hassan at 876-5546.		
Jewish		
Contact Sgt. 1st Class. Crowther at 980-9295.		
Friday	Marne	.11:30 a.m.

Hunter Army Airfield

Catholic	
Sunday Mass	Chapel .11 a.m.
Protestant	
Sunday Service	Chapel .9 a.m.

Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

Kids Church

Where God rocks

10:45 a.m. to noon, Sunday
at Stewart School Age Services, across from
Diamond Elementary; or at Hunter Chapel
Fellowship Hall, Sunday at 9:15 a.m.

For all kids Grade K-5

Fort Stewart bus pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Main Post Chapel

For more information, email
fortstewartkidschurch@yahoo.com

Fort Stewart Chapel Youth Ministry

Junior and Senior
High School Students!

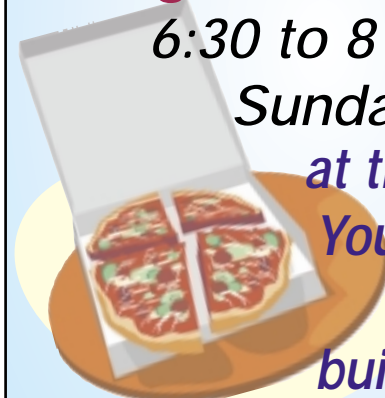
Join us for
free games and pizza
6:30 to 8 p.m.

Sunday

at the Stewart
Youth Activity
Center,
building 7338.

For more information,

call 877-7207



Coastal Happenings

Courtesy of the Coastal Courier

Human Resource Management meeting held

Coastal Society of Human Resource Management meets on the fourth Thursday of every month. If you are a human resource professional and would like to attend a meeting or receive more information, contact Holly Stevens-Brown, chapter president at 876-3564.

DAU offers learning opportunities

The Defense Acquisition University Continuous Learning Center offers continuous learning opportunities designed to maintain currency and help AT&L employees meet the DoD requirement to complete 80 points of continuous learning every two years. The center includes nearly 200 self-paced continuous learning modules that address topics important to the community. DAU would like to introduce Continuous Learning Modules online classes. Learn more at clc.dau.mil.

Take time to relax, go fishing

The Liberty County Bass Club is looking for community members who enjoy fishing. The club is a diverse group of experience anglers who know where the good fishing spots are or want to know. The LCBC meets at Hinesville City Hall the first Thursday of the month. Activities include participation in the Georgia Top Six Tournament each year, and host frequent local tournaments. For more information, call 320-2315.

Enjoy summer activities in Statesboro

Splash in the Boro is now open. The Raptor Center at Georgia Southern has opened their new wetlands wildlife exhibit and the museum has a new adventure maze that will challenge you to explore Georgia's different habitats.

Wind down in the evenings at Meinhardt Vineyards and Winery and get a taste of their new wine, Mill Creek!

Live Oak Public Libraries’ programs

Live Oak Public Libraries Programs at the Liberty Branch Library and Midway-Riceboro Branch Library includes: **Preschool Story time** Join us for stories, songs, and more each Monday, 10:30 a.m. at the Liberty Branch Library. The event is for children three to four years-old. **Tree Tots Storytime** Join us for stories, songs, and more, 10:30 a.m., each Tuesday at the Liberty Branch Library. The event is for ages one to two years old.

Sign up for Jiu-Jitsu

USA Jiu-Jitsu announced the date for the Military District of Washington Military Jiu-Jitsu Open Tournament. The no cost submission grappling event will be held Aug. 2 at Specker Field House, Fort Belvoir, Va. The event is open to all belts and weight classes. For additional details and to register for the free event, visit the USA Jiu-Jitsu website at www.usajj.com.

Learn about the Police Academy

The Hinesville Police invites community members to get acquainted with its Citizen's Police Academy. The 22-hour course covers the goals, objectives, organizational structure and general operating procedures of the Police Department. The academy is designed to promote good will, mutual understanding and encourage community support of common goals and objectives. The academy culminates in a two-hour ride-along sessions with HPD. Applications can be picked up at Hinesville Police Department. The next class is Aug. 5. For more information, call 767-8211.

Mama turn the Radio On comes to stage

Donald Lovette and Love-it-productions presents the play, 'Mama turn the Radio On,' 6 p.m., Aug. 15 at Brewton-Parker College Auditorium. Tickets for red carpet night are \$20; the community showcase is 7 p.m., Aug. 16 for \$10. In addition, the show will be presented 5 p.m., Aug. 17 for \$10 at the Full Gospel Tabernacle Church at 809 Frank Cochran Drive for the grand finale. For questions, please call 977-3293.

Come to Liberty Fest 2008

Come to Hinesville and Sunbury's Liberty Fest 2008 July 18-19. Events include a fishing tournament, car show, street dance, kids crabbing, kayak races, historical reenactments, arts and crafts, children-rides, and more. There will be live music by "The River," and performances by Disc Connected K9s World Famous Frisbee Dog Show and the Awalim Belly Dance Troupe of Atlanta. Friday night is free in Downtown Hinesville. Saturday events at the coast in Sunbury are \$5 before 5 p.m. and \$10 afterward. For more information, call 368-4445.

Register for the Liberty Fest Open Car Show

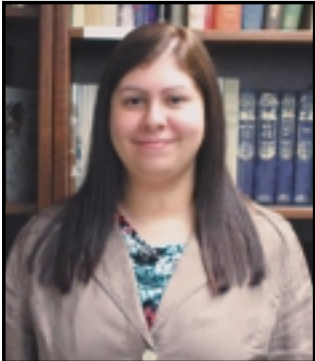
The Liberty Fest 2nd annual Open Car Show will be held July 18 in downtown Hinesville at Bradwell Park. Registration for the event is \$20 on the night of the event from 5:30 to 6:30 p.m. Participant Judging is 6:30 to 7:30 p.m. with awards presented at 8:30 p.m. Pre-registration is until Friday is only \$10. The event will have door prizes and a 50/50 raffle. Trophies will be awarded and goodie bags presented for the first 30 entrants. Registration information includes year, make/model, body style, color, engine, club, name, address, phone and email. For more information, call 320-5803.

Latest movies reviewed for action, Family fun

Commentary by:
Sasha McBrayer
Fort Stewart Museum

A film that showed some potential of becoming the next 'Matrix' phenomenon was the much-anticipated 'Speed Racer'. The Wachowski brothers, responsible for some fantastic action films, such as 'Assassins' (or what I like to call Stallone vs. Banderas) and the 'Matrix' had not brought audiences anything new since the release of comic book adaptation 'V for Vendetta' until 'Speed Racer' debuted. (Joel Silver, a co-producer, was behind the uncanny caper film 'Swordfish', which cemented John Travolta as one of the baddest villains of all time. 'Swordfish' also had a 'Matrix' feel. Still some believe the live action version of the anime classic was miss-marketed with a

focus on children. Many 20 and 30-somethings who grew up with the cartoon weren't wooed properly and didn't bother watching 'Speed Racer' despite the colorful trailers, causing the film to become somewhat of a flop. One film that won't have the same problem 'Speed Racer' had is the explosive new release, 'Wanted'. This unusual film has proven as thrilling as the 'Matrix', thanks to eye-popping violence. In fact, most critics gave 'Wanted', a mere action movie, a rating of an 'A', whereas even the first 'Matrix' garnered mostly 'B's. Starring a mother of 6 (Maddox, Zahara, Pax, Shiloh, and the twins!) and an Oscar-winning, small of stature European,



(Angelina Jolie was ready for another intensely physical film and was intrigued by the female lead role as well as the fact co-star James McAvoy had already been signed) the movie reveals a secret band of unnaturally skilled assassins that swipes its newest member right out of his mundane existence as an office worker with a cheating girlfriend and meager bank account balance. The audience goes along with him on a wild ride as he is transformed completely from nobody to super killer. Though the language in 'Wanted' can be unexpectedly foul in parts and gore abounds (but not so much as say your typical slasher flick, it is enough to have people looking away

at times), there is plenty of humor here, really amazing action sequences, and an unprecedented amount of pure 'cool'. It's enough to count 'Wanted' as close to the next 'Matrix' as any film has come yet... Oh, besides Christian Bale's stylish 'Equilibrium'...Um Jude Law's mind bender 'Existenz'...and of course the intelligent '13th Floor'. 'Wanted' is adapted by Mark Miller from yet another of his wonderful graphic novels. It has his signature narration in it and another dash of cool thanks to veteran actor Morgan Freeman. Where films like 'Jumper' failed, 'Wanted' is right on target. However, for a more Family friendly film, take the kids instead to see the new 'Incredible Hulk'. This is the best incarnation of Hulk yet and the film is as fabulous as earlier release 'Iron Man' and features a cameo of Tony Stark. Don't miss it!

Clyde’s Market donates \$25,000 to Marne Soldiers, Families

Lynda Purcell
ACS Marketing

Families at Fort Stewart-Hunter Army Airfield have an additional \$25,000 to spend on Family Readiness Group efforts, thanks to a donation by Clyde's Market. Maj. Gen. Rick Lynch accepted the donation from Greg and Angie Woolard of Clyde's Market at a ceremony at the Family Readiness Center, July 1. "This donation is so important to us," said Lynch. "What you are doing every day and particularly today to support our Families is amazing. While our Soldiers went off and fought the nation's war, we were able to focus on the mission there because we knew that our Families were being taken care of back home. Sarah and I thought that our community in Texas was the best ever, until we came here. Thank you for what you do for our Soldiers and Families." Clyde's Market is a Family-owned convenience store chain operated exclusively in Southeast Ga. The company was founded in 1969 when Clyde Woolard opened the first store in Glennville, Georgia. The company now consists of 40 plus stores, seven of which are in Hinesville. Despite continued growth and progress, Clyde's Market maintains its Family values. Addressing the many Family members in the audience, Woolard said, "Thank you for what you

do. You stay at home while your husbands and fathers go overseas, and that is just amazing." Woolard said the Clyde's Market annual golf tournament is in its ninth year. "Three years ago we decided to donate the proceeds to Fort Stewart because our customers are the lifeblood of our company, and a large part of our business comes from the Soldiers and Families stationed at Fort Stewart," explained Woolard. "We wanted to give to the Families of fallen Soldiers, and we learned that the best way to do that was to donate to the Family Readiness Group program and let the Families decide how to best allocate the money." Woolard said that this year's Clyde's Market golf tournament was successful thanks to more than 60 sponsors and 230 golfers. "People just send us money when they find out what we are doing because they want to help." The \$25,000 donation will go to the FRG Supplemental Mission Activity Account which supports all the FRGs at Stewart-Hunter. FRGs may use these funds to supplement their FRG Informal Funds, money they obtain through fund raising activities and donations. The Supplemental Mission Activity Fund is maintained by DMWR until the units request the money, at which times the unit FRG Treasurer oversees the fund. For more information on Family Readiness Groups, please call 767-5058 at Stewart or 315-6816 at Hunter.



Lynda Purcell

Donating \$25,000 raised by Clyde’s Market annual golf tournament, Greg Woolard, a representative from the Family run business, gives a check to 3rd Inf. Div. commander, Maj. Gen. Rick Lynch, July 1 at the Family Readiness Center on Fort Stewart showing appreciation to Soldiers and their Families.

ACS Volunteer Spotlight



Michelle P. Maxwell volunteers for the 26th Brigade Support Battalion as the Family Readiness Group Leader, and Diamond Elementary School with the Parent Teacher Association vice president. She volunteers to help support her husband and the unit he works for, and it provides the bonus benefit of being involved in her children's education.

Volunteer Spotlight

Denise Ahlgren of Hinesville, is an American Red Cross volunteer working in the Patient and Family Centered Care Center at Winn Army Community Hospital. Ahlgren volunteers because she wants to work with clinical support and patient and Family centered care utilizing her registered nurse and leadership skills on the administrative side. Her interests and hobbies include yoga, teaching and management. If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Shanken at 435-6903.



Courtesy Photo

Denise Ahlgren

Army Community Service



Welcome to the Army Community Service Family Page. Our mission is to provide services to support readiness of Soldiers, their Families, and communities to promote self-reliance, resiliency, and stability. We offer training classes, support groups, and Family advocacy programs. Services are offered to active, retired, Reserve, and National Guard Soldiers and their Family members, regardless of branch of service. Department of Defense civilian employees (NAF and APF) are also eligible for most services, as are their Family members. ACS is a member of the Morale, Welfare and Recreation Family, proudly serving America's Military. For information or to register for programs at Fort Stewart, please call 767-5058/5059. For information and registration at Hunter Army Airfield, please call 315-6816.

Special celebration for new Families

Are you new to the community? Bring the Family to a special Family Orientation at Fort Stewart, July 22. Join us as we celebrate the 43rd birthday of Army Community Service with birthday cake, and you'll have the opportunity to learn about the many services available to assist with your transition to the area. The event begins at 9 a.m. and concludes with a windshield bus tour of the installation and Hinesville. The ACS Outreach team is your one-stop source for information about everything you need to get settled in your new community. When you need a friendly face, ACS Outreach is the place! For details, visit the ACS Outreach office located at the Soldier Service Center, building 253, or call 767-9176. Also ask about child care.

At Hunter Army Airfield, a Windshield Bus Tour departs from ACS at 9:30 a.m., July 17. Get a tour of the installation and the local Savannah area and learn more about your new community. For information, call Hunter ACS at 315-6816.

Beat the high cost of food

Save money on your grocery bill by taking part in Healthy Thrifty Meals, a new class offered by ACS from 6 to 8 p.m., July 15. Includes cooking demonstration, several recipes for inexpensive healthy menus for the whole Family, plus tasting samples! Space is limited to the first 15 registrants. Please call 767-5058/5059 to reserve your place at the table!

Teens invited to AFTeenB

Students ages 8 to 18 are invited to be part of history as Fort Stewart introduces AFTeenB, a fun and interactive class designed to make Army life less of a mystery. Presented by Army Family Team Building, fun activities will teach the language of the Army, flag etiquette, skills for problem solving, how the Army's mission impacts you, and more. Call 767-5058/5059 to register for the inaugural class, July 17.

Home buying workshop

If you are a first-time home buyer or have not owned a home in the past three years, register now for the Home Buying Workshop at Fort Stewart, July 19. Topics include down-payment assistance programs and qualification requirements, understanding the mortgage process, tips for finding the right home, preparing for the closing and much more. Lunch and refreshments are included at this free workshop, a must for everyone who has questions about home ownership in Georgia. To reserve your seat, please call ACS at 767-5058/5059.

Got kids? Get answers!

If you have parenting questions, concerns, or just want to talk to someone, please contact ACS to request a Home Visit, or stop by your ACS center and ask to speak to a New Parent Support professional. Free educational resources include books, classes and support groups.

Baby Talk for parents with a newborn, teaches the basics of newborn care, Shaken Baby Syndrome, and methods for comforting your crying infant (and yourself), July 15 and July 23. Mirror Image for parents with children ages 1-5 focuses on the physical, emotional, and social needs of children and how you can help them reach their full potential, July 22 and July 30. A class just for men teaches new fathers skills that build confidence in parenting at Baby Bootcamp for Dads, July 31.

To contact New Parent Support or to register for classes, call 767-5058/5059 at Stewart or 315-6816 at Hunter.

Learn to manage stress and anger

What triggers your stress? How do you react to an angry person? How does anger affect you? Take control of these emotions and learn coping techniques and healthy outlets, along with community resources at the Stress and Anger Management workshop. Call 315-6816 to register for the next session at Hunter, July 23 or 767-5058/5059 for the session at Stewart, August 5.

Family members invited to learn

Family members at Fort Stewart are encouraged to participate in the Dogface Soldier for Families class, July 16. Learn the history of Fort Stewart, the 3rd Infantry Division, our mascot Rocky, the Dogface Soldier song, and much more. The class is held at the Fort Stewart Museum and concludes with an informative museum tour.

Also at Stewart, registrations are now being accepted for "Lead The Way," an AFTB Level III class for those who may assume advisory, mentoring, or leadership roles within the unit and community. You will learn valuable skills in leadership, managing conflict, problem solving, delegation, meeting management, coaching and mentoring, FRG leadership, communication styles and techniques, and much more. Also ask about child care information.

Call ACS at 767-5058/5059 to register for AFTB classes.

Moving to Alaska or Hawaii?

Come and learn about your new duty station. You will receive a packet of information pertinent to your new duty station, as well as learn about services that will help make

your move a smooth one. Family members are highly encouraged to attend. Call 767-5058/5059 to register for the Overseas Briefing at Fort Stewart on July 15, or call 315-6816 to sign up for the July 16 briefing at Hunter.

Get advice on managing PCS costs

Planning your expenses during a PCS helps you to avoid pitfalls during your move. Come to the next Financial Planning for PCS Workshop at Hunter, July 22. The session is offered Thursdays at Stewart, July 17, 24, and 31. Call 767-5058/5059 at Stewart or 315-6816 at Hunter to register.

Banking is easy....right?

Today banks offer a smorgasbord of choices, ranging from the "no-frill" to the more sophisticated high-interest bearing accounts and the complex bank statements can be confusing. You should know how the banking system works, since you're entrusting it with your money. Banking Basics and Checkbook Management teaches you how to manage your account, avoid excess fees, and get control of your money. Call 767-5058/5059 to register for the 2-hour class at Stewart, July 25. At Hunter, call 315-6816 to register for the banking class, August 6.

Learn personal money management

First-termer Financial Training (mandatory for E-4 and below) is open to anyone who wants to improve their financial future. Learn about credit use, managing a bank account, insurance, investments, financial planning for your future, basic car and home buying, bankruptcy and consumer fraud. Call 767-5058/5059 to sign up for the workshop at Stewart, currently offered every Monday through Friday. Seating is limited, so advance sign up is recommended. Call 315-6816 to register for the next financial training workshop at Hunter, August 5.

Learn the basics of investing

Investing is easier than you think. Find out more at Basic Investing, a four-session seminar held Tuesday evenings from 6 to 8 p.m. beginning July 22 at Stewart. You'll learn about the different types of investment options, products, and languages. Call ACS at 767-5058/5059 to register.

Get help finding a job

Get help writing a professional resume that will get you noticed by hiring employers at the Resume Writing Workshop offered at Stewart, July 16 and at Hunter, July 22.

Job seekers at Fort Stewart can also get an overview of the local job market within a 50-mile radius, including the latest HOT job leads at the Employment Orientation Workshop, July 23. Also at Stewart, sign up for Resumix, the "insider's tips" to navigating the Federal job site, July 30.

Please call 767-5058/5059 at Stewart or 315-6816 at Hunter to register for Employment Readiness classes.

Join Heart's Apart spouse group

Join the fun at Heart's Apart, a group for waiting spouses. At Stewart, Heart's Apart meets monthly on the first and third Wednesday at ACS Relocation located in the MWR Leisure Activities Center, building 443 beginning at 11 a.m. On July 16, the group will participate in discussions with other spouses and a Military and Family Life Consultant about issues and difficulties of coping with life while your spouse is away.

At Hunter, Heart's Apart meets at ACS on Neal Boulevard at 11 a.m. on the second Tuesday of every month. The group meets again August 12. Hunter also offers a Foreign Born Spouse Group where members from various cultures meet to join other foreign-born spouses to network, discuss the American way of life, develop friendships, and learn about the many resources available to make your new life experience positive, July 21.

For information on spouse support groups, call 767-5058/5059 at Stewart or 315-6816 at Hunter.

Participate in FRG training

At Fort Stewart, three Family Readiness Group trainings will be held this month. FRG Basic Course, July 15, covers the FRG organization, FRG tasks in the deployment cycle, partnership roles between FRG leadership and units, expectations and roles of FRG volunteers, resources and funding, and more.

Key Caller Training for new or seasoned Key Callers, July 22, covers communicating with Family members, dispelling rumors, handling crisis calls, and how the Key Caller fits into a successful FRG.

FRG Treasurer Training, designed for Commanders, FRG Leaders and Treasurers within the FRG, covers rules and regulations for FRG operations, including resources, use of FRG Informal Funds, administrative responsibilities, and funding guidance, also July 22. For more information or to register for FRG training, please call 767-5058/5059. Also ask about child care.

EFMP Families invited to spray park fun

Early access (before regular hours) for Family members enrolled in the Exceptional Family Member Program is offered at both The Springs water spray park and Corkan outdoor pool. The EFMP early access hours at The Springs are 10 to noon every Tuesday, and early-access hours at the pool are 9 to 11 a.m. every Thursday. Advance registration is not necessary; simply sign in when you arrive. For more information, call 767-5058/5059.

Help for Wounded Warriors available

Fort Stewart offers a one-stop location to support Warriors in Transition. The Soldier and Family Assistance Center provides services tailored and responsive to the needs of the Warrior and their Families. Services include coordination of legal services, counseling on benefits and entitlements, child care referrals, lodging resources for Family members, travel


pay for Family members on Invitational Travel Orders, and employment and educational assistance. For information, call 767-4408.

Take advantage of respite care

If you need a break from the demands of caring for your Exceptional Family Member, ask about our Respite Care program which pays for up to 40 hours each month for those enrolled in the Exceptional Family Member Program. Why not take a break and let Respite Care make payment to the provider of your choice. For information, call 767-5058/5059.

Support Groups

Something for Everyone



Army Community Service offers many opportunities to meet other Army Families for support and friendship. For information, call 767-5058 at Fort Stewart or 315-6816 at Hunter Army Airfield.

Chill and Chat
To discuss deployment or any other concerns each Monday at 9 a.m. at the PX Food Court, hosted by the Military and Family Life Consultants. Playland is open for the children.

Grandparents and Caregivers Support Group
For those who are taking care of children while their parent is deployed, each Monday at 9 a.m. at the PX Food Court.

Boot the Baby Blues
For mothers with new babies to discuss post-partum blues and parenting concerns, each Tuesday at 10 a.m. at the Southern Oaks Community Center. Hosted by the New Parent Support Program.

Hearts Apart
Support and friendship while your loved one is away, held 11 a.m., Wednesday in the Relocation Office, building 443 at Leisure Activities and at Hunter, on the second Tuesday of each month at the Army Community Service, building 1279.

Foreign-Born Spouse Groups
For spouses from other countries who are new to the area to network, share resources, discuss the American way of life, develop friendships, and learn about the many resources available to help make your new life a positive experience. Children are welcome.
At Hunter, a foreign-born spouse group meets monthly every third Monday at 11 a.m. at ACS-Hunter, building 1279. At Stewart, Grupo Hispano, Hispanic coffee group, held monthly every first Thursday at 1 p.m. and Deutscher Kaffee Klatch, German coffee group, held monthly every second Thursday at 1 p.m. Both meet at building 443, Leisure Activities in the relocation office.

It's An Exceptional Life
For Families enrolled in the Exceptional Family Member Program, held 6 p.m., monthly on the third Thursday at Southern Oaks Community Center. Various presentation topics offered each month.

Army Community Service New Parent Support Program

Play Group Playmates

For children ages 0-5 and their parents
Lots of toys and happy noise with delightful Army girls and boys!

Fort Stewart: Each Tuesday and Thursday
Bryan Village Youth Center
10 to 11:30 a.m.

Hunter: Thursday
ACS-Hunter, 230 Neal Boulevard, Bldg. 1279,
10 to 11:30 a.m.

For information, call
767-5058 (Stewart) • 315-6816 (Hunter)



Home Buying Workshop

Learn about the many assistance programs for home buyers!

Understanding the Mortgage Application Process • Selecting the Right Home • Preparing for the Closing • Refreshments and lunch are provided

Saturday, July 19
8:30 a.m. to 4 p.m.
Fort Stewart ~ Club Stewart

Partnering to bring you the best home buying information:
Financial Readiness Program • Army Community Service •
DPW-Housing Service Office • City of Hinesville
To register, please call 767-5058
Also ask about child care information.

HEALTH MATTERS

Winn Army Community Hospital

Remember safety first this summer

Special to the Frontline

Memorial Day weekend kicked off the 101-day-event known as summer. That's when swimming pools and amusement parks open their gates for Families to have fun in the sun. With this fun also comes important precautions to ensure everyone in your Family has a safe season. TRICARE wants its beneficiaries to be informed of potential risks and ways to protect yourself and Family.

Summertime is usually packed with outdoor activities in sweltering summer weather. Extreme heat and the sun can cause several types of heat injuries or illnesses, and occasionally even death. The Centers for Disease Control and Prevention credits extreme heat conditions with about 400 deaths per year in the United States.

To protect your health during the summer, remember to keep cool and use good judgment.

Heat-related illnesses such as heat exhaustion, heat cramps and heat rashes are easy to treat at home, while a heat stroke requires professional medical attention. Here are some things to keep in mind:

- Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. Heat rash looks like a red cluster of pimples or small blisters. It normally occurs on the neck and upper chest, in the groin, under the breasts and in elbow creases. To treat it move to a cooler, less humid environment and keep the affected area dry.

- Heat cramps may happen if you don't drink enough fluids when exercising. Symptoms include painful muscle cramps of the limbs, stomach and back, as well as heavy sweating and extreme thirst. Stop all activity, sit quietly in a cool place and drink clear juice or a sports beverage. Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke. Seek medical attention for heat cramps if they do not subside in 1 hour.

- Heat exhaustion is triggered by excessive sweating and inadequate fluid replacement, making the body unable to supply

blood to the brain, skin and muscles. Symptoms include dizziness, profuse sweating, nausea, vomiting, muscle cramps, rapid breathing and fainting. Treat with rest and cool, non-alcoholic beverages in an air-conditioned place. If heat exhaustion is untreated, it may progress to heat stroke.

- Heat stroke occurs when the body's sweat mechanism shuts down, making skin hot and dry and depleting the body of fluids. Symptoms include a throbbing headache, delirium, weakness, nausea, vomiting, flushed dry skin, disorientation and confusion. Heat stroke is a medical emergency that demands immediate treatment by a medical professional.

Asthma sufferers should monitor their breathing levels throughout the day during heat waves and high humidity. High temperatures make air pollution worse and humidity increases the pollen in the air. Take medications as directed by a doctor to prevent a trip to the emergency room. When symptoms of asthma are present, it is best to stay indoors in the air conditioning.

When going out in the heat, here are tips to help prevent heat illness or injury:

- Wear sunscreen. Be protected from the sun and sunburn by putting on sunscreen of SPF 15 or higher.

- Drink plenty of fluids. Increase fluid intake, regardless of activity level and don't wait until the feeling of thirst occurs to drink.

- Replace salt and minerals. Heavy sweating removes necessary salt and minerals from the body. If you exercise, drink plenty of fluids.

- Wear cool clothes. Wear as little clothing as possible when at home. Choose lightweight, light-colored, loose-fitting clothing.

- Stay cool. During extreme heat or humidity, stay indoors and, if possible, stay in an air-conditioned place. If you must be outdoors try to limit your outdoor activity to morning and evening hours.

For more information about beating the heat and staying safe, visit www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp.

Winn Briefs

Canceling your appointment

If you need to cancel your medical appointment, call the cancellation line at 435-6633 or 1-800-652-9221. Follow the prompts to cancel your appointment. This will create more open appointments and decrease the length of time it takes to get an appointment.

Thank you for helping us by helping you with your access to care.

Support group available

The Fort Stewart breast cancer support group is scheduled to meet from noon to 1 p.m., July 15 at Army Community Service, 191 Lindquist Road, building 86.

For more information, call Maj. Frederick Davidson with Army Public Health Nursing at 435-5071.

OB/GYN Clinic moving

In preparation to serve you better, Winn Army Community Hospital's Women's Wellness Center and OB/GYN Clinic will be relocating to a transition building at 1220 Niles Ave, building CT004, behind Winn's Emergency Department.

The center and clinic will be closed in the afternoon on July 18 and all day July 21. It will reopen July 22 at the new location on Niles Ave. This new location is for all OB/GYN Clinic appointments and Women's Wellness Center appointments, ultrasound and the Acute Care Clinic.

This relocation will allow for renovation of the old clinic and center. For more information, please call 435-6633.

Get school health screenings

Children ages four and older entering Georgia's School system for the first time must have the Georgia Certificate of Eye, Ear and Dental Screening form and the Georgia Certificate of Immunization completed. Winn Army Community Hospital and Tuttle Army Health Clinic want to help you get a head start on preparing for the next school year.

Winn's mass school health screening will be by appointment only, July 19 from 8 a.m. to 2 p.m. and will include hearing tests, vision tests, dental exams and immunizations administration. Sports physicals are also available by appointment only.

Tuttle's mass school health screening will be by appointment only, July 19 from 8 a.m. to noon and will include hearing tests, vision tests, dental exams and immunizations administration. Sports physicals are also available by appointment only.

The screenings are by appointment only. To schedule an appointment at Winn or Tuttle, call 435-6633 or 1-800-652-9221. Please bring ID card and child's shot records.

Prescriptions through the mail

The TRICARE mail-order pharmacy offers beneficiaries up to a 90-day supply of medication through the mail, for a co-pay of \$3 for generic and \$9 for name brand drugs on the formulary; non-formulary drugs are \$22.

You may order online at www.express-scripts.com, by phone at 1-866-363-8667 or by fax at 1-877-895-1900.

Behavioral Health hours change

Effective immediately, the Fort Stewart Behavioral Health Clinic for active-duty Soldiers new walk-in hours are 8 to 10:30 a.m., Monday through Friday. The clinic is located at 1083 Worcester Ave., building 9242, Fort Stewart.

For more information, call 767-1647 or 767-1654.

Behavioral Health for Family

Behavioral Health services for Family members are available at either Value-Options TRICARE at 1-877-298-3514 or Military OneSource at 1-800-342-9647. Retirees requesting service may call Value-Options TRICARE at 1-800-700-8646.

Health screenings at Winn

If you can't make it to the Mass School Health Screening in July, Winn Army Community Hospital offers health screenings at the following times:

Dental screenings are available Monday to Thursday from 3 to 4 p.m. and Friday from 2 to 3 p.m. on a walk-in basis at Dental Clinic 1, Fort Stewart. For more information, call 767-8513.

Immunization screenings are available on a walk-in basis Monday, Tuesday, Wednesday and Friday from 8 to 11 a.m. and 1 to 3 p.m. Thursday from 1- 3 p.m. For more information, call Winn's Allergy and Immunization Clinic at 435-6633. Please bring child's shot records.

Eye and ear services are available by appointment only. To schedule an eye and ear screening, call the appointment line, 435-6633.

Sport physicals are by appointment only in the Family Practice and Pediatrics Clinics.

To schedule a sports physical, call 435-6633.

Prevent heat injuries

As the hot days approach, The Department of Preventive Medicine monitors current WBGT/Heat Index to keep our Soldiers, Family members and civilian employees safe from heat injuries.

For the current heat index please visit www.winn.amedd.army.mil/wetbulb.html. The WBGT/Heat Index number, 767-HEAT (767-4328) can also be used.

BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

June 25

- **Christa Lynn Comer**, a girl, 8 pounds, 9 ounces, born to Pfc. Christopher Comer and Christina Marie Comer.

June 26

- **Caroline Hope Kelly**, a girl, 6 pounds, 6 ounces, born to Spc. Andrew James Kelly and Felicia Ann Kelly.

June 27

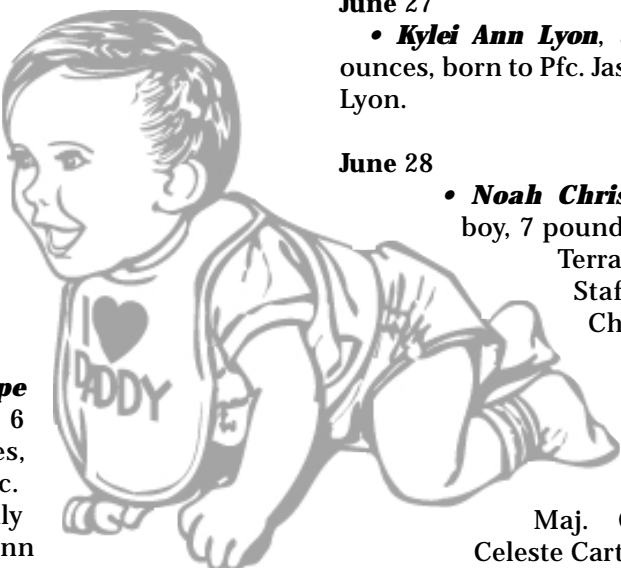
- **Kylei Ann Lyon**, a girl, 6 pounds, 4 ounces, born to Pfc. Jason Lyon and DeAnn Lyon.

June 28

- **Noah Christian Cheatham**, a boy, 7 pounds, 6 ounces, born to Terrance Cheatham and Staff Sgt. Erica L. Cheatham.

June 29

- **Jackson Lee Carter**, a boy, 7 pounds, born to Maj. Chris Carter and Celeste Carter.



Check out the **The Frontline**, online at www.stewart.army.mil

1st BCT rallies cyclist for Soldier safety

Pvt. Jared Eastman
1st BCT Public Affairs

The motorcycles started up in a cacophony of staccato roars as Soldiers readied for a motorcycle memorial run, June 26. The rally, planned by 3rd Battalion, 69th Armor, is the second of many scheduled for this summer by various battalions.

“The main goal behind this rally was to implement the Motorcycle Mentorship Program which trains new riders on the [actual procedures of riding a motorcycle], what to do and what not to do, so that everyone can [ride safely and enjoy their motorcycle],” said Sgt. Maj. Ray Curtis, the operations sergeant major of 3/69 Armor. “[A rally like this] gives you a chance to get out in an environment and relax. It’s just a common bond that we as motorcyclists share.”

The Raider Motorcycle Mentorship Program plan was laid out while the 1st Brigade Combat Team was still deployed to Iraq. The plan called for a rally once or twice a month to be held by a different battalion, allowing all the units to have the responsibility of planning the event and where the riders would stop.

“Before we actually deployed, 3/69 Armor would do these programs once a month,” Curtis said. “We’d come down here, do some maneuvers, and actually go out and enjoy a ride with lunch and come back.”

Approximately 150 riders with bikes ranging from small sports bike to full-dressed Harleys whined and rumbled from Fort Stewart to Savannah, stopping in Claxton and Pembroke before arriving at the Savannah Harley-Davidson off Interstate 95. The rider mentorship endeavor spanned 120 miles, through the country roads in the coastal empire, allowing new

riders to gain experience while learning from experienced riders.

“A lot of beginner riders want to ride outside of their capability, but they need to take it a bit slower and learn about their motorcycle and what they are capable of doing before they go out and ride,” Curtis said. “If they take their time and go through the mentorship program that the installation provides, they will learn the correct way to ride, and ride safely.”

There are many precautions that experienced riders take before going out on a trip of any length. “Different obstacles can pop up when you’re riding, like a car could swerve in your lane, or when a deer runs out in front of you,” said Sgt. Bradley Schwartz, 2nd Battalion, 7th Infantry. “You have a lot of different road hazards, so you have to have a way out for every situation.”

“You also need to make sure that your motorcycle is in good, working condition,” Curtis said. “In the motorcycle safety course they have a chart called TCLOC, which helps you go through and check all of your equipment on your motorcycle to make sure everything is working correctly.”

TCLOC is an easy way to remember what you need to check before you ride, said Joseph Alderman, a rider coach for the Motorcycle Safety Course, it stands for Tires, Controls, Lights, Oils and Chassis. The course is required for all Soldiers before they are allowed to ride a motorcycle, and is an easy way for new riders to determine whether they want to start riding motorcycles.

“We’re trying to schedule Soldiers within a couple days,” Alderman said. “The problem we’re having right now is that because we have such a high demand we’re scheduling classes all the way out into September. We are in the process of hiring

new personnel and acquiring people from other positions on other installations to help support that.”

But there are many improvements that can be made to RPM, said Alderman. “I’d like to see more bikes, more commanders and higher ranking enlisted actually involved with the Soldiers because it’s the only way that we can ensure that they’re doing the correct things. It shows Soldiers that people care about them.”



Spc. Ricardo Branch

First BCT Soldiers travel down the road during the Raider Mentorship Program rally, June 26 at Fort Stewart.



Graphic by Jared Eastman

Aviation Brigade holds Talent Show



Sgt. 1st Class Thomas Mills

The winners of Camp Striker's 3rd CAB Xplosion Talent Show were a combination from 3rd Combat Aviation Brigade and 3rd Brigade Combat Team, 101st Airborne Division. Pfc. Monica K. Smith (left), 3rd CAB, and Pfc. Anthony Long, 626 Brigade Support Battalion, won the contest with their rendition of the blues classic "Trouble." The talent show highlighted singers, dancers and musicians from Camp Striker, Camp Cropper and the Victory Base Complex.